



Orion Wellness

OPERATIONS | CONSULTANCY | TRAINING | PRODUCTS
GOA | PUNE | MANALI | CHENNAI | MUSSOORIE

SPA MENU

Orion Wellness Spas offer a layered approach that unites a pioneering spirit with treatments that go beyond ordinary. At Orion Wellness, you will find an intuitive mix of science and human awareness, where our high-tech and high-touch approach defines a service that is crafted around the individual.

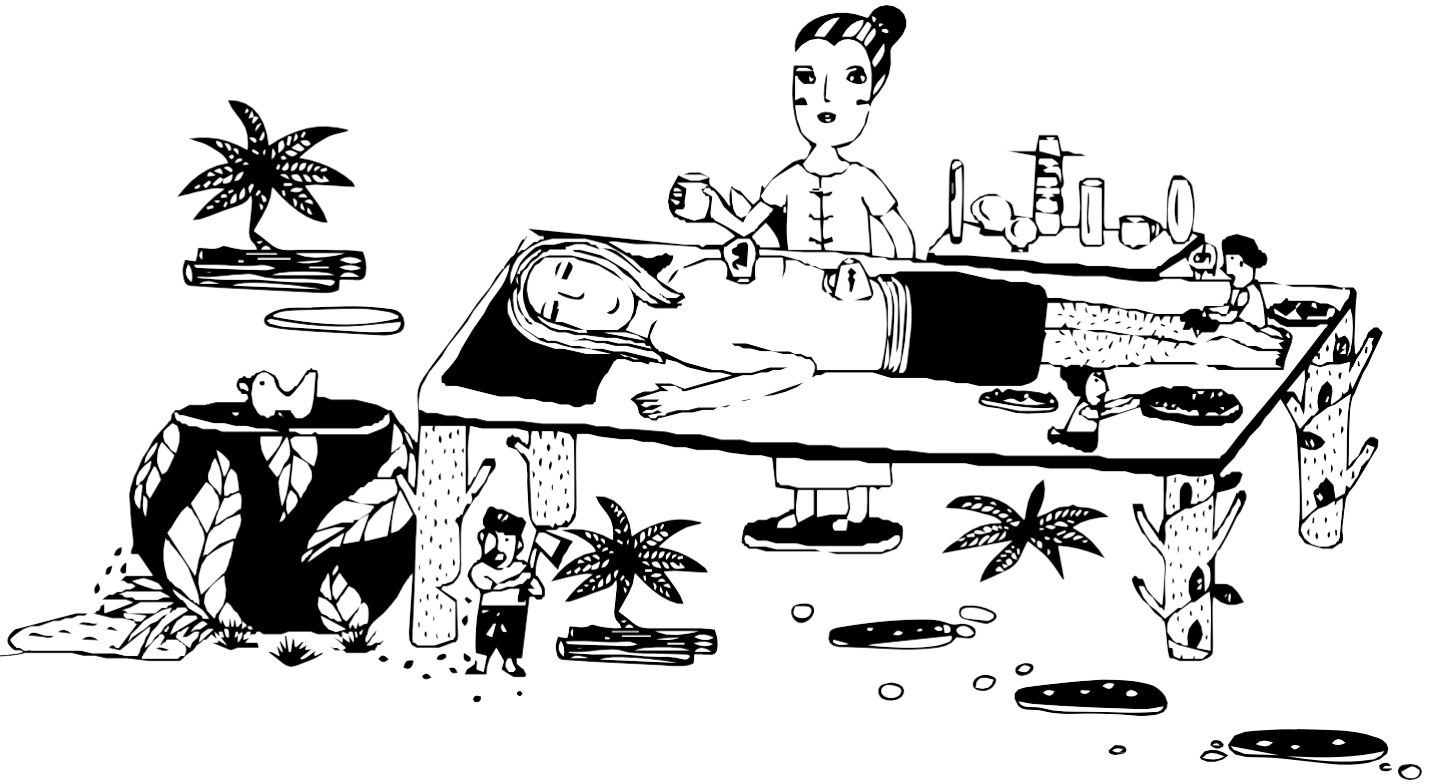
Delivered through our locations and specialist skills, we will take you as deep as you would like to go, from core beauty that changes the way you look to specialist treatments that can change your life.





MASSAGES





**BLUEBERRY CHEESE CAKE SIGNATURE
MASSAGES (New-York) - 90 minutes.**

Experience the indulgence of our "Butter Countdown" - a virtual journey of relaxation and rejuvenation.

. Commence your voyage with a gentle vanilla-infused nut scrub, meticulously crafted to soften and revitalise your skin.

Next, immerse yourself in the richness of our cheese cream massage, expertly designed to nourish and restore suppleness to your skin. Feel tension melt away as skilled hands target your most troublesome muscles, leaving you in a state of blissful relaxation.

Concluding this opulent treatment is a luxurious blueberry gel infused with olive extracts, delivering instant radiance to your skin and leaving you with a luminous glow.

Includes:

- ✓ Invigorating body exfoliation with Cheese Massage
- ✓ Exquisite Blueberry toppings
- ✓ Serene head massage

Embark on this sensory journey and emerge feeling refreshed, renewed, and radiant from head to toe.



TIRAMISU SPATREATMENT (ITALY) - 90 minutes.

Indulge in a journey that transports you to another realm with our captivating softening body smoothing regimen. Your experience begins with a lavish drizzle of natural cocoa and coffee beans oil infused with the essence of cheese and liquor, captivating all your senses in a delightful symphony of aromas and sensations.

Cocoa butter, renowned for its moisturising and nourishing properties, envelops your skin, leaving it luxuriously hydrated and revitalised. Surrender to the blissful sensation of our unique tiramisu full-body massage, expertly administered to leave your skin supple, radiant, and twinkling with newfound vitality.

Immerse yourself in this unparalleled experience, where every touch is a moment of pure indulgence and relaxation.

Includes:

- ✓ Invigorating body exfoliation with Tiramisu Massage
- ✓ Serene head massage

Embark on this sensory journey and emerge feeling refreshed, renewed, and radiant from head to toe.

*Essential Aroma Therapy,- *60 /90 minutes*

Our Aromatherapy massage transcends mere relaxation; it's a vital, expertly tailored experience designed to address your unique requirements. Utilising a bespoke blend of carefully selected oils, each treatment is personalised to cater to your individual needs. Through a thorough personal consultation, we ensure that your session is crafted to perfection, guaranteeing a truly transformative and rejuvenating experience.

Choose from the following:

Detoxifier, De-Stress, Muscle Relax, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner

Includes: Aroma therapy massage to back, legs, arms, abdomen, neck/shoulder massage

*Classic Swedish Therapy, *60 /90 minutes*

Indulge in our traditional full-body massage, skilfully administered with firm pressure to foster deep relaxation and alleviate muscle tension. Ideal for massage novices, this treatment serves as the perfect introduction to the art of massage therapy.

The invigorating strokes employed in this session work to soothe tired and aching muscles, leaving you feeling rejuvenated and revitalised. Your experience will encompass a Swedish massage technique targeting the back, legs, arms, abdomen, and a neck/shoulder massage, ensuring a comprehensive and deeply satisfying relaxation journey

Includes: Swedish massage to back, legs, arms, abdomen, neck/shoulder massage



Phelwan Malish - *60 /90 minutes

Experience the potency of our targeted massage, meticulously crafted to alleviate deep-seated tension and muscular stress. Our specialised techniques focus on specific areas of concern, aiming to alleviate common discomforts such as stiff neck, lower back pain, and sore, tight shoulders. Let us unlock the knots of tension, restoring flexibility and promoting a profound sense of relief and well-being.

Includes: Specialised massage to specific areas of concern.

Revitalising Massage - *60 /90 minutes

Indulge in a luxurious massage experience designed to envelop you in complete tranquility and well-being. Long, warming strokes are expertly employed to promote deep relaxation, while gently heated aromatherapy oils are poured onto the body's centre, then skilfully massaged into the skin using stretching and sweeping movements.

To further enhance your relaxation, hot volcanic stones are utilised to tailor the massage pressure to your specific needs and release tension, leaving you feeling utterly rejuvenated and at peace.

Includes: Revitalising massage to body walk, back, legs, arms, abdomen, neck/shoulder massage with body stretching.



Pregnancy Massage, 60 minutes - A full body, advanced massage, tailored to the needs of the individual. Combining eastern and western techniques, including very gentle stretching and nurturing strokes to promote relaxation and ease discomfort in the body.

Champi Massage, *30 minutes - A deeply relaxing oil-based massage of head, neck and shoulders using crania sacral techniques to ease tension in the muscles and fascia of the head and upper body, and induce a deep sense of calm.

Relaxed Feet, *30 minutes - Restore the body's balance and release aches and pressure in the feet with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

Pristh Mardhnam, *30 minutes - In our soothing back massage, performed with warm oil and gentle strokes expertly concentrated on the back area. This therapeutic treatment effectively relieves stiffness, loosens tight muscles, improves blood circulation, and provides relief from back pain. Experience the rejuvenating benefits as tension melts away, leaving you feeling relaxed and revitalised.



FACIALS





ORION ORGANIC

Orion is dedicated to crafting all-natural products, meticulously blended converted at our farm in Baddi, Himachal Pradesh. We pride ourselves on importing the finest ingredients from farmers in New York, Guatemala, France, Burkina Faso, and numerous other countries. Our production process ensures that each spa amenity and cosmetic is tailored to specific skin types, guaranteeing a harmonious blend of nature's bounty and skincare innovation.

- ✓ Products with "WOW "Effect
- ✓ High-quality
- ✓ Creative, innovative concept
- ✓ Affordable luxury



FACIAL CLENUP, 30 MINUTES

A cleanup treatment encompasses a thorough process involving cleansing, gentle scrubbing, steaming, and the meticulous removal of blackheads and whiteheads. This comprehensive procedure is completed with the application of a soothing face pack, leaving your skin refreshed and rejuvenated.

OXYGENATING AND ENRICH ADVANCED ANTIOXIDANT FACIAL - 60 MINUTES

In the hustle and bustle of today's lifestyle, the stresses of daily life can manifest as dullness and lifelessness in your complexion. But fear not, for with our tailor-made facial, we guarantee to rejuvenate your skin and defy the signs of aging.

Indulge in a luxurious 60-minute session crafted to restore your unrivalled beauty to its radiant best. Our expert techniques and premium skincare products are designed to combat the effects of stress and fatigue, leaving your skin revitalized, refreshed, and glowing with youthful vitality. Say goodbye to dullness and hello to a complexion that exudes timeless beauty.

Treatment rituals :- Cleanse, exfoliation & tone, classic opening techniques, marma & Sandalwood mask.



GLITTERATIAGE-DEFYING FACIAL-75 MINUTES

Immerse yourself in the opulence of our Active Glitterati Face Treatment, a decadent experience enriched with potent vitamins A, C, and E to detoxify and purify your skin. Rediscover a youthful radiance as this rejuvenating treatment works its magic, effortlessly unveiling a brighter, more luminous complexion.

Say goodbye to the signs of neglect and sun damage as our specialized formula penetrates deep into the skin, revitalizing and replenishing it from within. With each application, feel the stresses of everyday life melt away as your skin is bathed in luxury and pampered to perfection.

Ideal for those seeking to reclaim their skin's youthful glow, our Active Glitterati Face Treatment promises to leave you feeling refreshed, revitalized, and ready to take on the world with newfound confidence.

Treatment rituals :- Cleanse, exfoliation & tone, classic lifting techniques, marma & Tajsvi mask.

BODY TREATMENTS





ANCIENT AYURVEDA INSPIRED TREATMENT

Ayurveda, the ancient Indian "wisdom of life," stands as one of the most holistic approaches to fostering well-being. It advocates for a personalised blend of treatments, exercises, dietary adjustments, and lifestyle modifications to harmonise the vital energies or doshas within us. By addressing illness, preventing disease, and nurturing physical, mental, and spiritual wellness, Ayurveda guides us toward a life of insight and equilibrium.

Engage with our resident Ayurvedic Doctor to uncover the nuances of your individual body-mind constitution. Embrace the profound healing potential of our Ayurveda-inspired therapies, encapsulating 5,000 years of distilled wisdom into one enriching practice.

Each Ayurvedic treatment culminates with a rejuvenating steam and shower, ensuring a complete sensory experience and leaving you feeling revitalised from within.



WISDOM OF ANCIENT INDIA BODY WRAP, 120 MINUTES

Embark on a journey to the heart of Indian philosophy with our Ayurvedic body massage. This transformative session begins with a warm Ayurvedic body massage, setting the stage for deep relaxation.

Indulge in a calming body scrub that soothes the skin and invigorates your senses. Your body is then enveloped in Sugand lepam, a purifying herbal paste, to cleanse and rejuvenate, leaving you in a state of blissful tranquility.

Includes:

- ✓ Tranquil foot ritual
- ✓ Invigorating body exfoliation with body massage
- ✓ Body envelopment
- ✓ Serene head massage



120

AYURVEDIC INTELLIGENCE, 150 MINUTES

This therapeutic journey commences with the traditional Indian body massage, renowned for its ability to pacify the doshas, alleviate fatigue, rejuvenate the body, and promote restful sleep.

Not only does it enhance complexion and longevity, but it also provides comprehensive nourishment to the body. Following this, the Papaya body Exfoliator, formulated from pure natural papaya concentrate, is delicately applied. Enriched with the goodness of Shea butter, renowned for its health benefits, this exfoliating paste deeply tones, nourishes, and safeguards your skin. To culminate this rejuvenating experience, the therapy is complemented with an Vitamin facial, ensuring a holistic approach to wellness and rejuvenation.

Includes:

- ✓ Tranquil foot ritual
- ✓ Invigorating body exfoliation with body massage
- ✓ Vitamin facial
- ✓ Serene head massage

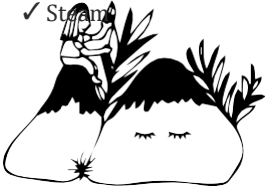
SYNCHRONIZED ABHYANGA, 60 /90 MINUTES

In synchronized Abhyanga massage, two therapists work in tandem to provide a harmonious and deeply therapeutic experience. Together, they synchronize their massage strokes, targeting and unblocking the client's marma points.

This technique facilitates the smooth flow of energy throughout the body, promoting balance and vitality. By identifying and addressing areas of stagnation, the therapists help release tension and restore the body's natural equilibrium. The result is a profound sense of rejuvenation, leaving the client feeling energized, revitalized, and replenished.

Includes:

- ✓ Tranquil foot ritual
- ✓ Centrifugal body technique massage by two therapist
- ✓ Serene head massage
- ✓ Steam



ABHYANGA, 60 /90 MINUTES

Ayurveda, the ancient science of life, advocates the daily practice of anointing the body with warm herbal oils for holistic well-being.

In the traditional Abhyanga massage, specific oils are carefully selected for the head and body based on individual body types. This therapeutic massage is followed by a calming steam session, allowing the skin to absorb the nourishing herbal oils, promoting relaxation and rejuvenation. Incorporate this ancient ritual into your daily routine to nurture your body, mind, and spirit..

Includes:

- ✓ Tranquil foot ritual
- ✓ Centrifugal body technique massage
- ✓ Serene head massage
- ✓ Steam



BODY ENVELOPMENT



FULLY LOADED BODY WRAP, 30 MINUTES

Elevate your well-being with our ancient remedy, packed with essential vitamins crucial for a healthy body, enhanced beauty, and vibrant lifestyle. Experience the rejuvenating effects as your body absorbs these vital nutrients, unlocking the secret to holistic wellness and vitality.

SUGANDH LAPEM, 45 MINUTES

Indulge in our luxurious full-body treatment, a journey of sensory delight and rejuvenation. It commences with fragrant oil application, followed by a gentle massage to tone your skin. Next, your body is enveloped in Sandal wood wrap, culminating in a revitalising steam session and a warm shower, finished with a delicate flower lotion. Experience the revitalisation of energy flows, improved circulation, and enhanced skin tone, leaving you feeling refreshed and radiant.



BODY POLISH



ANDAMAN SEASHELL BODY POLISH , 30/75 MINUTES



Experience our holistic therapy, a comprehensive full-body treatment that pampers your skin with an almond seashell skin polish. This indulgent experience continues with a brief body massage infused with volcanic mineral oil, followed by detox bath rituals. Feel rejuvenated as this revitalising treatment stimulates your senses, leaving your skin smooth and your mind refreshed.

GUATEMALAN COFFEE SCRUB, 45 MINUTES



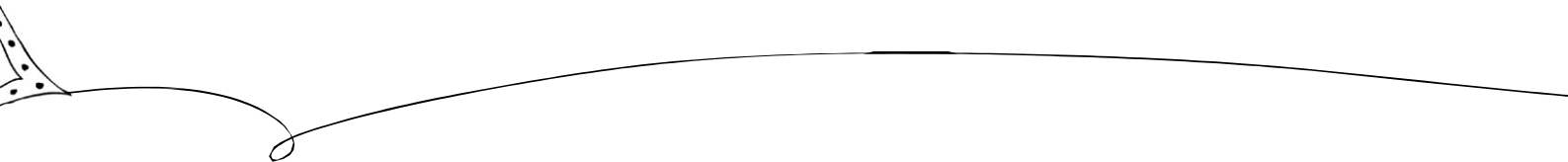
Crafted from locally sourced Guatemalan coffee beans, our signature Renaissance recipe offers a stimulating and invigorating exfoliation experience for your entire body. The caffeine present in Guatemalan coffee beans promotes microcirculation and provides a refreshing cleanse, leaving your skin feeling as smooth as silk. Indulge in this revitalizing treatment for a truly rejuvenating experience.

PAPAYA BODY POLISH , 45 MINUTES

Harnessing ancient beauty secrets, Cleopatra bathed in sour milk to maintain her legendary smooth skin, while tropical Asian women applied mashed papaya on their body to combat wrinkles. Papaya acts as a natural Alpha Hydroxy Acid, gently exfoliating the skin without causing irritation. Experience the timeless wisdom of these traditions for radiant and youthful-looking skin..

CITRUS SUGAR & SALT SCRUB, 45 MINUTES

Embark on our Renaissance signature treatment, commencing with a revitalizing body exfoliation featuring Dead Sea salt, freshly squeezed citrus fruit juice, and nourishing fruit oil. Your skin will emerge invigorated and energized, ready to glow with renewed vitality. Choose from our selection of citrus fruits including Lemon, Orange, Sweet Lime, or Kiwi fruit to personalize your experience.



SPA ETIQUETTE



SPA OPENING HOURS

Daily 10AM-8:00PM

SPA RESERVATIONS

For spa enquiries or reservations, please contact the spa reception directly. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewellery and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

We recommend using the wet area facilities prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment. There is an additional charge for the use of the wet area if a treatment has not been booked.

ARRIVAL

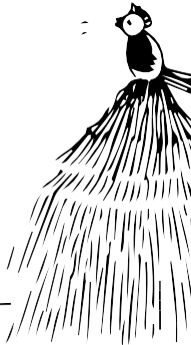
Please arrive 25 minutes prior to your treatment in order to complete your lifestyle consultation form and take time to relax in the tranquil surroundings of our spa before your treatment.

CONSULTATION

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.



CANCELLATIONS

Please note that cancellations and modifications within 24 hours of treatment will incur a 100 percent treatment charge.

DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa.

Orion Wellness a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

AFTER YOUR TREATMENT

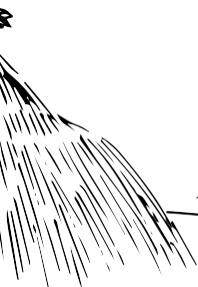
We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

PAYMENT

For hotel guests, all treatments will be charged to your room and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards or cash are accepted at the spa reception.

CHILDREN

We love children; however, we recommend that you avoid bringing children younger than 15 years old to the spa.







TREATMENTS

DURATION - MINUTES

PRICES - INR

MASSAGES

Blueberry Cheese Cake (Signature Massage, New York)	90	3900*
Tiramisu spa (Italy)	60/90	2900*/3900*
Essential Aroma Therapy	45/60/90	1800*/2300*/2900*
Classic Swedish Therapy	60/90	2400*/3200*
Revitalising Massage	60/90	2800*/3800*
Phelwan Malish	60/90	2800*/3800*
Pregnancy Massage	60	3500*

EXPRESS SERVICES

Champy Massage	30	1200*
Padam Mardhnam	30	1200*
Pristh Mardhnam Massage	30	1200*

FACIALS

Face cleanup	30	1500*
Oxygenating and Enrich advanced Antioxidant facial	60	3000*
Glitterati Age-Defying facial	75	3200*

BODY TREATMENTS

Wisdom of ancient India body wrap		
Ayurvedic Intelligence	120	4800*
Synchroniz Abhyanga	135	5200*
Abhyanga	60/90	5600*/7600*
	60/90	2800*/3800*

TREATMENTS**DURATION/MINUTES****PRICE/INR****BODY ENVELOPMENT**

Fully loaded body wrap

45

1900*

Sugandh Lepam

45

1900*

BODY POLISH

Andaman seashell body polish

45

1900*

Guatemalan Coffee scrub

45

1900*

Papaya Body Polish

45

1900*

Citrus Sugar & Salt Scrub

45

2400*

Moroccan Bath*90*

5600*

Moroccan Package*150*

7600*

* GST 18%

Add-ons (15 and 25-minute treatments) are only available when booked with another spa treatment.

Please note that cancellations and modifications within 24 hours of your treatment will incur a 100 percent treatment charge.



COUPLE SPA PACKAGES	MINUTES	INR/COUPLE	DESCRIPTIONS
Couple Massage-1	45	3500*	Aroma/Swedish Massage/ Balinese/ DeepTissue Choose Any Two
Couple Massage-2	60	4000*	Aroma/Swedish Massage/ Balinese/ DeepTissue Choose Any Two
Sangam Spa	90	5900*	Body Scrub + Aroma/Swedish Massage/Balinese/ DeepTissue Choose Any Two
Romantic Escape	120	7400*	Guatemalan Coffee Scrub + Tiramisu Body Spa Treatment+ Face Cleanup
Couple Ceremony	150	8400*	Blueberry Cheese Cake Massage oxygenating Facial



* GST 18%



ORION WELLNESS

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